

UNIT 9 TOPIC 1

HEALTHY LIFESTYLES – SEXUAL RESPONSIBILITY

LEARNING OBJECTIVES:

- 9-1-1 Upon completion of this topic, the student will be able to identify consequences of unsafe sex.
- 9-1-2 Upon completion of this topic, the student will be able to identify the different methods of birth control.
- 9-1-3 Upon completion of this topic, the student will be able to identify common Sexually Transmitted Diseases.

REFERENCES:

1. Internet Resources:
 - a. www.cdcnpin.org
 - b. www.hhs.gov
 - c. www.vnh.org
 - d. www.anwa-doc.org
2. Report: Thomas, P.J. & Uriell, Z.A. (1998).
Pregnancy and single parenthood in the Navy: Results of a 1997 survey. San Diego, CA.: Navy Personnel Research and Development Center
3. Video: *Sexual Responsibility*. NETPDTC Pensacola Regional Electronic Media Center

SLIDES:

- 9-1-1 Responsible Living
- 9-1-2 Responsible Sexual Behavior
- 9-1-3 Risk Taking Sexual Behavior
- 9-1-4 Consequences: Sexually Transmitted Diseases
- 9-1-5 Consequences: Unintended Pregnancy

- 9-1-6 Alternatives
- 9-1-7 Prevention: The Choice is Yours
- 9-1-8 Sexually Transmitted Diseases
- 9-1-9 Protect Yourself & Others
- 9-1-10 Building Healthy Relationships
- 9-1-11 Summary I
- 9-1-12 Summary II

CASE STUDIES:

None

VIDEO TAPE:

Sexual Responsibility

NOTE TO THE FACILITATOR:

The main points of this topic are:

- Responsible Sexual Behavior
- Risk Taking Sexual Behaviors & Consequences
- Common Sexually Transmitted Diseases
- Different Methods of Birth Control
- Strategies for Prevention of:
 - Unintended Pregnancy
 - Sexually Transmitted Diseases
- Resources Available

1. Introduction

a. **RESPONSIBLE LIVING.** Sounds impressive. Sounds like something that most of us would want to achieve, doesn't it? In fact, most of us probably think we are already living responsibly because we have a job – a profession in the Navy. We pay our bills. We obey the UCMJ and the laws of the land. We do good deeds and are in general, responsible for our actions. Our living style impacts our careers in the Navy.



Show Slide 9-1-1, Responsible Living

NOTE TO INSTRUCTOR:

- **ASK THE FOLLOWING QUESTION then stop to allow student response and discussion.**
- **Do not continue until students provide either the correct response or an acceptable response.**
- **Guide the discussion as necessary to encourage student participation.**

QUESTION:

What would you consider to be the main ingredient of living responsibly?

PROVIDE ANSWER AFTER STUDENT RESPONSE(S) AND DISCUSSION:

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

b. Responsible living requires that each of us make **informed** personal **choices** about how we will live and how our choices affect others, as well as ourselves.

c. This lesson focuses on **one of the most critical personal choices** you can make, **the choice of living a SEXUALLY RESPONSIBLE life. This is every Sailor's responsibility, male and female.**

d. How can the Navy's Core Values influence my sexual behavior?

Have you thought or even considered that your personal behavior can or should be, guided by your core values?

Is your sexual behavior in line with your career goals, your financial goals, your life goals, and your personal vision of excellence?

We will explore these questions in this lesson.

e. We will also:

- Discuss how your career goals, personal vision, and core values are applicable to your sexual behavior.
- Define responsible sexual behavior.

Making **informed choices**.

Show Slide 9-1-2, Responsible Sexual Behavior

NOTE TO INSTRUCTOR: The question(s) listed on the left-hand side of the Lesson Topic Guide is/are to be asked rhetorically – only, to stimulate thought at this juncture – not discussion.

DISCUSSION POINT**RELATED INSTRUCTOR ACTIVITY**

- Identify risk taking sexual behavior and examine some of the consequences of such behavior.
- Discuss strategies for the prevention of Sexually Transmitted Diseases (STD), Human Immunodeficiency Virus (HIV), Acquired Immune Deficiency Syndrome (AIDS) and unintended pregnancy.
- Discuss the different methods of birth control
- Discuss the importance of building **HEALTHY** loving relationships.
- Discuss some resources

f. Responsible sexual behavior is about making the right decisions. It is about making **informed choices**; not just reacting to stimulus or temptation. **Responsible Sexual Behavior is about deciding to do the right thing BEFORE there are consequences, and facing the consequences after they happen.**

It is about:

HONOR: We are **accountable for** our professional **AND personal behavior.**

It is about:

COURAGE: We have the moral mental and spiritual strength to do what is right, **to make the right choices.**

Emphasize this statement!!!!!!!

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

strength to do what is right, **to make the right choices**, even in the face of temptation or adversity.

It is about:

COMMITMENT: To **improve** the quality of our work, our people and **ourselves**.



i. Most life improvements begin with education and end in some form of action that we take, or choice that we make based on the information we have acquired.

NOTE TO INSTRUCTOR:

- **ASK THE FOLLOWING QUESTION** then stop to allow student response and discussion.
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- **Guide the discussion as necessary to encourage student participation.**

QUESTION:

How can we begin the process of demonstrating responsible sexual behavior?

PROVIDE ANSWER AFTER STUDENT RESPONSE AND DISCUSSION:

Through education.

j. **Education is the key to avoiding risk taking sexual behavior.** In order to make the right choices you must understand what the risks and consequences are and what you can do to avoid choices that put you at risk.

2. Risk-Taking Sexual Behavior & the Consequences
Any sexual activity is considered risky. However, for the purposes of this lesson we are concerned with the risks associated with STD, HIV/AIDS, unintended pregnancies and issues that adversely affect the health and readiness of Navy personnel.

a. **High-risk sexual partners.**

You put your health and well being at risk anytime you have **unprotected** sex with a partner whose sexual history and health history are unknown to you.



Show Slide 9-1-3, Risk Taking Sexual Behavior

NOTE TO INSTRUCTOR:

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- If you have **UNPROTECTED SEX** with a partner who has HIV/AIDS or any other STD or infection, the risk goes beyond your career or personal goals. Your life could be in jeopardy as well as the lives of your friends, family and potentially, your unborn children. This has major social ramifications. It isn't just about you.
- Some STDs can be passed from a man to woman and then to the woman's developing fetus during pregnancy or to her child during birth.
- An untreated STD can lead to sterility

QUESTION:

What examples can you cite of high-risk sexual partners?

PROVIDE ANSWERS IF THESE ARE NOT IDENTIFIED IN DISCUSSION:

- Anyone with an STD
- Anyone with HIV/AIDS
- Anyone who uses drugs
- Anyone who may not know their sexual partners
- Anyone who has sex with more than one partner
- Anyone whose sexual activities are unknown to you

- Some STDs can only be treated and not cured
- STD infections can also result in the death of a fetus in the womb.
- While still other STDs transmitted through the father or mother can cause serious birth defects, developmental disabilities, and health problems that can last a lifetime or cause the eventual death of your child.

b. Unintended Intercourse.

When sexual intercourse is unintended, it is either: **forced or coerced**, sometimes with the use of drugs or alcohol.

You can lessen your risk of being a victim by making choices that keep you in a safe environment and a safe frame of mind.



NOTE TO INSTRUCTOR:

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- **Do not continue with the next question until students provide either the correct response or an acceptable response.**

- **Guide the discussion as necessary to encourage student participation.**

QUESTION:

Under what circumstances is unintended intercourse likely to occur?

PROVIDE ANSWERS IF STUDENTS DO NOT:

- When one or both sexual partners are drinking heavily
- When one or both sexual partners are under the influence of drugs
- When a date rape drug is used.
- When one of the sexual partners decides to have intercourse without the others consent

QUESTION:

How can you protect yourself from unintended sexual intercourse?

POSSIBLE ANSWERS:

- Alcohol and drugs impair judgement and should be avoided whenever having sex is a possibility.
- Do not drink alcohol if you are alone with someone you do not know well.
- Do NOT do drugs or socialize with those who do.

c. Intercourse.

Some types of **sexual activities** are more risky than are others. **Unprotected intercourse has the highest risks for the most dangerous STDs.**

The body fluids to be most careful about are:

- Blood
- Seminal fluids
- Vaginal fluids
- Discharges from sores

d. Contraceptive Use to Prevent STD, HIV/AIDS or Unintended Pregnancies.

Barrier methods are contraceptives that work by physically trying to prevent the passage of bodily fluids from one person to another. If used correctly, they are highly effective in reducing STD and pregnancies. Not all methods are created equal, and there are **no guarantees**. For example, only dental dams and latex condoms are recommended to prevent transmission of HIV/AIDS. And even when used consistently, the effectiveness of condoms is dependent upon correct usage. A condom can be used only once. A separate condom must be used

- Socialize in-groups or pair off with a buddy when going to activities where you can not ensure your safety.

for each episode.

Birth control pills, Norplant or Depo-Provera can be very effective in pregnancy prevention, but will not prevent an STD.

To avoid associated risks, abstain from sex or choose the appropriate method of contraception and use it correctly.

e. Increased Frequency of Sexual Intercourse.

The more often you engage in intercourse, the higher your risk ratio for both pregnancy and sexually transmitted diseases.

Just because your partner says they are having sex with only you, does not mean that it is true. Unfortunately the statistics indicate a very different reality. Most of us have more than one sex partner in our lifetime. We may not plan it that way but it happens. The safest way is to be in a loving nurturing relationship characterized by mutual respect and responsibility.

We may also get an infection or an STD from one partner and carry it to another. The partner who gave it to us may:

- Not know they were infected
- May have hoped they wouldn't infect us

Show Slide 9-1-4, Consequences: Sexually Transmitted Diseases

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- May not have been totally honest about their sexual history.

f. Compound Effect of A Great Number of Sexual Partners.

When you have sex with many partners who also have sex with many partners you increase the odds that you will be infected with some form of STD or HIV/AIDS.

NOTE TO INSTRUCTOR:
<ul style="list-style-type: none">• ASK THE FOLLOWING QUESTION then stop to allow student response and discussion.
<ul style="list-style-type: none">• Do not continue until students provide either the correct response or an acceptable response.
<ul style="list-style-type: none">• Guide the discussion as necessary to encourage student participation.

QUESTION:

If you have sex with people who are clean and healthy it shouldn't matter how many people you have sex with or how many people they have sex with, right?

ANSWER:

WRONG! Your sex partners may not know that they are infected or may not know that other partners they have had sex with were infected. If you have unprotected sex with

2. Strategies for Prevention

a. Background.

The risks associated with leading a sexually active lifestyle can be reduced if you make **informed choices** to prevent STD and unintended pregnancies. **Know the risks and take the appropriate precautions.**

1). Unplanned or Unwanted Pregnancy

a). The United States has the highest teen pregnancy rate among developed countries. About 1 million teens become pregnant each year; 80% of those pregnancies are unintended and almost 50% end in abortions.

b). According to a 1997 survey, the Navy's annual pregnancy rates parallel the rates of civilians in the same age groups. Like their civilian counterparts almost **two-thirds** of the pregnancies among enlisted women that occurred in fiscal year 1996 **were unintended**. This means the children were unplanned consequences of sex. These women

enough people, chances are that you will get a sexually transmitted disease or HIV/AIDS. You cannot tell by looking at someone whether or not they are infected.

Show Slide 9-1-5 Consequences: Unintended Pregnancy

DISCUSSION POINT**RELATED INSTRUCTOR ACTIVITY**

did not get pregnant by themselves.

c). If you have unprotected intercourse you are at risk of causing a pregnancy.

d). Vaginal intercourse can cause pregnancy, but few of us know that simply touching the vulva with the penis can also cause pregnancy.



e). During sexual excitement the penis leaks semen that has thousands of sperm in it. Millions more sperm spurt out during ejaculation. Penetration of the vagina is not necessary for pregnancy to

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QUESTION:

Have you ever known of someone involved in a paternity suit that claimed they could not be the father of the child in question, because they had only “played around ” and had not engaged in actual intercourse?

occur. The only foolproof way to avoid pregnancy is not to do anything that could bring semen in contact with the vagina or vulva.

2). **Birth Control Alternatives**

There are many forms of birth control options available today. The right choice for you will depend on your health issues and future plans and those of your partners.

a). **ABSTINENCE** - the only 100% effective form of birth control.

Advantages:

- Prevents pregnancy.
- Prevents sexually transmitted infections.
- Helps build healthy relationships
- Provides respect for both partners
- Provides delayed gratification to the partners

b) **BARRIER METHODS** are contraceptives that work by trying to physically prevent the passage of bodily fluids from one person to another. Various types are as follows:

Male Condoms are over the counter, barrier methods of birth control. They are 98% effective in preventing pregnancy and are the most effective way to prevent STD or HIV/AIDS.

SHOW Slide 9-1-6 Alternatives

Show Slide 9-1-7 Prevention

NOTE: ONLY EFFECTIVE IF USED CORRECTLY AND THERE ARE NO GUARANTEES.

Female Condoms are over the counter, barrier methods of birth control. They are 95% effective in prevention of pregnancy and an effective way to prevent STD or HIV/AIDS as male condoms.

Dental Dam is a square of rubber, which is placed over the labia during oral-vaginal intercourse to prevent exchange of bodily fluids. Provides **some protection** against sexually transmitted diseases, including HIV. Allows men and women to take responsibility for prevention of STD or HIV.

Diaphragm and Cervical Cap are reversible prescription barrier methods of birth control. Both are soft rubber barriers that are intended to fit securely over the cervix. Approx. 94% effective for birth control. However, they do not protect against STD or HIV/AIDS. Only provides about 50% of the protection of a condom.

Intrauterine Devices (IUDs) are small devices made of plastic that contain copper or a natural hormone, which are inserted into the uterus. IUDs keep sperm from joining egg and prevent a fertilized egg from implanting in the uterus. 97.4 to 99.2% effective in pregnancy prevention. Insertion and removal must be done by a clinician.

NOTE: Most of these birth control methods require a visit to a physician and may have side affects.

Not effective against STD or HIV/AIDS.

c) **HORMONAL METHODS** are reversible prescription methods of birth control, which use synthetic hormones that prevent fertilization. They are about 99% effective against pregnancy. They are not effective against STD or HIV/AIDS.

Norplant is a contraceptive, which consists of matchstick-sized rubber rods that are surgically implanted under the skin of the upper arm where it steadily releases the contraceptive. It is 99.96% effective in pregnancy prevention. Not effective against STD or HIV/AIDS. A medical procedure is required for insertion & removal.

Depo-Provera is a contraceptive, which consists of an injection every three months. 99.7% effective in pregnancy prevention. It does not protect against STD or HIV/AIDS. It has to be prescribed by a physician.

The Pill is a reversible prescription method of birth control. It is a monthly series of pills taken once a day. You need to consult your physician to find out which one is best for you. The pill method is about 99.9% effective in the prevention of pregnancy. It does not protect against STD or

HIV/AIDS. It has to be prescribed by a physician.

d). EMERGENCY CONTRACEPTION is designed to prevent fertilization or implantation after unprotected intercourse. It is also called postcoital contraception. You can request emergency contraception if you think your contraceptive method has failed, you've been raped, or whenever no other method of contraception was being used. **MUST BE REQUESTED WITHIN 72 HOURS OF UNPROTECTED INCIDENT.**

Some examples of when to request emergency contraception are:

- His condom broke or slipped off, and he ejaculated inside your vagina.
- Your diaphragm or cervical cap slipped out of place, and he ejaculated inside your vagina.
- You miscalculated your "safe" days for periodic abstinence or fertility awareness methods.
- You forgot to take your birth control pills.
- You weren't using any birth control.

A pregnancy test may be necessary to make sure

you are not already pregnant. **Emergency Contraception will not work if you are already pregnant.**

e). **OVER-THE-COUNTER** there are many over the counter birth control products. Just remember, not all of them are effective against STD or HIV/AIDS and not all are equally effective in preventing unintended pregnancies. However, they are more effective than using nothing. **Read the package and follow the directions. If you have any questions please consult your physician.**

f). **STERILIZATION** is a contraceptive option intended for people who don't want children now, or in the future. Both men and women can be sterilized.

Female Sterilization is a procedure that blocks the fallopian tubes so the egg can not travel to the uterus. Female Sterilization is done by various surgical techniques, usually under general anesthesia. It is 99.9% effective in pregnancy prevention. However it does not protect against STD or HIV/AIDS. Can only be done by a physician. This procedure is considered non-reversible.

Male Sterilization is a procedure called a vasectomy and involves sealing; tying or cutting a man's vas deferens, which otherwise would carry the sperm from the testicle to the penis. It is 99.9% effective in pregnancy prevention. A vasectomy is a quick operation, usually under 30 minutes and does not require general anesthesia. This procedure does not protect against STD or HIV/AIDS. It is considered permanent because reversal requires major surgery that is often unsuccessful.

3. Sexually Transmitted Diseases

a. Sexually transmitted diseases (once called venereal diseases) are among the most common infectious diseases in the United States today. Approximately **12 million** cases of sexually transmitted diseases (std) occur annually in the United States.

- There are now more than 30 known STDs.
- One in every four Americans will be infected with an STD, one or more times in their lifetime.
- Eighty-six percent of these cases will occur in persons age 15 through 29.

Show Slide 9-1-8, Sexually Transmitted Diseases

Sexually transmitted diseases are:

- Diseases you can get by having sex-vaginal, oral, or anal-with someone who is already infected.
- Caused by a bacteria or viruses that are spread through blood, semen, and vaginal fluids.
- Also spread simply by touching infected skin for certain STDs, like herpes and genital warts.

Oral sex is sex, and you can be infected with STDs.

If a woman is pregnant and has an STD, she and her developing baby may both be affected, but STDs frequently affect the fetus or newborn more severely.

Anyone who has sex can get an STD.

- b. Some of these infections are merely unpleasant however; most have dangerous consequences and require professional medical treatment.

Types of STDs

1. Chlamydial Infection-This infection is now the most common of all bacterial STDs.
 - a. In both men and women, chlamydial infection may cause an abnormal genital discharge and burning with urination.
 - b. In women, untreated chlamydial infection may

Show Slide 9-1-9, What is a Sexually Transmitted Disease?

Show Slide 9-1-10, Types of STDs

lead to pelvic inflammatory disease.

2. Genital Herpes

- a. The major symptom of herpes infection are painful blisters or open sores in the genital area. These may be preceded by a tingling or burning sensation in the legs, buttocks, or genital region.

3. Genital Warts

- a. Genital warts first appear as small, hard painless bumps in the vaginal area, on the penis, around the anus or may be inside the urinary tract. If untreated, they may grow and develop a fleshy, cauliflower-like appearance.

4. Gonorrhea

- a. The most common symptoms of gonorrhea are a discharge from the vagina or penis and painful or difficult urination.

5. Syphilis

- a. The incidence of syphilis has increased and decreased dramatically in recent years.
- b. The first symptoms of syphilis may go undetected because they are very mild and disappear without treatment within a few weeks.
- c. The initial symptom is usually a painless open sore

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

than usually appears on the penis or around or in the vagina. It can also occur near the mouth, anus, or on the hands.

- d. If untreated, syphilis may go on to more advanced stages, including a transient rash and, eventually, serious involvement in the heart and central nervous system.

6. Others

- a. Other diseases that may be sexually transmitted include Trichomoniasis, bacterial vaginosis, cytomegalovirus, scabies, pubic lice, and others.

c. The eighth leading cause of death in the United States is Acquired Immune Deficiency Syndrome (AIDS). It is the leading cause of death of men age 25 to 44 and the third leading cause of death of women the same age.

- 1. AIDS was first reported in the United States in 1981. It is caused by the human immune-deficiency virus (HIV), a virus that destroys the body's ability to fight off infection.
- 2. HIV (human immune-deficiency virus) disease often leads to aids (acquired immune deficiency syndrome), which can cause death.

Show Slide 9-1-11, HIV(AIDS)

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
<ol style="list-style-type: none"> 3. An estimated 900,000 people in the United States are currently infected with HIV. 4. Almost 5,000 Navy and Marine Corps personnel have been identified with HIV. Each year, in the Navy and Marine Corps, about 60 new HIV infections are identified. 5. According to the Centers for Disease Control (CDC) and Prevention: <ul style="list-style-type: none"> • HIV/AIDS has been the sixth leading cause of death among 15 to 24-year olds in the United States since 1991. • Women accounted for 32% of adult HIV infections reported in the U.S. from June 1998 to June 1999. • Sex between men and women is the fastest growing group of people getting infected with HIV. That trend is expected to continue. 6. HIV transmission can occur when blood, semen, vaginal fluid, or breast milk from an infected person enters the body of an uninfected person. 7. HIV can also enter the body usually through oral, vaginal or anal sex, but has occurred during breast feeding. 8. Another concern is intact healthy skin punctured with 	<p>FACILITATOR NOTE: Point out that anyone not sure about something related to STDs should see their Medical Representative. There is also good information on the web, but if there is any doubt, see a medical representative for evaluation.</p> <p>Show Slide 9-1-12, How is HIV transmitted?</p>

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

needles which may not be adequately cleaned, (examples such as unclean drug equipment, tattooing needles, or any unclean skin puncturing needle) allows another easy access to the virus. When shared, needles contaminated with the virus can spread the infection, e.g. injecting drugs or tattooing.

9. HIV is not transmitted by casual contact such as hugging, touching, or even coughing, sneezing, using toilet seats, or swimming pools, or even working with an infected person.

d. If you have unprotected intercourse, you are at high risk for sexually transmitted infections/diseases.

e. It is your responsibility to prevent sexually transmitted infections and diseases by using protection. When in doubt as to what is the most effective protection for a specific problem, consult your clinician, corpsman, or doctor.

Don't take chances with your life, your partner's life, the lives of future children, or the lives of your shipmates.

Honor: You are accountable for the choices you make in your personal life. Take responsibility for your sexual behavior. It's O.K. to say "No." It is

Show Slide 9-1-13, Protect Yourself & Others

Show Slide 9-1-14, Core Values and Sexual Responsibility

your responsibility to accept NO when either partner says it.

Honor in being sexually responsible is about:

- Respect for your body
- Esteem for your family and friends
- Admiration for your profession

Courage: You have the right to choose to protect yourself and others. In the face of temptation make the right choice: “No condom – No sex.”

Courage in sexual responsibility is about:

- Bravery to make good choices
- Nerves to abstain from sex when it is not “right” for you
- Guts to *‘just do the right thing...right’*

Commitment: Be undeterred in your resolve to maintain responsible sexual behavior. Do not put yourself or your shipmates in situations that put you at risk.

Commitment to a healthy life is about:

- Holding on to principle-centered values
- Allowing others the right to abstinence
- Choosing to be responsible and live a healthy life

style.

7. Building Healthy Loving Relationships
- a. Relationships in general can be really complicated. Sometimes it is hard to find a balance between being considerate and caring towards another person, and making sure that your needs are being represented. Communications, respect, and mutual responsibility are essential to a healthy relationship.
- 1) **Communications.** Discuss your needs, desires and expectations in the relationship. Communicate your desire for the relationship to grow and nurture. It is your responsibility to communicate your needs to your partner even if that is abstinence.
- 2) **Respect.** Respect your partner and yourself enough to be honest and open. Respect can be in the form of abstinence. You must always respect your partner enough to be honest with them. If either of you have or have ever had an STD, respect your partner by sharing the information. Protecting each other from STD or unintended pregnancy demonstrates respect.
- 3) **Mutual Responsibility.** Take responsibility for your sexual behavior by obtaining and using protection. **Both partners are responsible** for

Show Slide 9-1-15, Building Healthy Relationships

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

protection and the consequences if the chosen protection doesn't work.

b. Stop and think it over - make a choice – a decision, don't just react when you meet that attractive person. In the long run, in your journey through life - a caring relationship based on communications, respect, and mutual responsibility is your best defense against sexually irresponsible behavior.

4. Summary

In this lesson :

- We discussed how your career goals, personal vision, and core values are applicable to your sexual behavior.
- We identified risk taking sexual behavior and examined some of the consequences of such behavior.

We also:

- Discussed strategies for the prevention of sexually transmitted diseases (STDs), and unintended

NOTE TO INSTRUCTOR

Show the Video “Sexual Responsibility”

Film Time is approximately 14 minutes

Show Slide 9-1-16, Summary I

Show Slide 9-1-17, Summary II

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

pregnancy.

- We discussed the importance of building **HEALTHY** relationships.
- And lastly, we identified some of the resources available, which can help prevent sexual irresponsibility.

Facilitator Note

Emphasize that it only takes one time of having sex to produce consequences that last a lifetime.